第４講　長文問題演習④

ポイント

❶ 具体例の発見
❷ 対比の発見
❸ 因果関係の発見

次の文章を読み，それぞれの質問に対して最もふさわしいものを①～④の中から１つ選びなさい。

1　Various father-and-child handbooks have been issued to help fathers hoping to be ikumen, or men who play an active role in child rearing. In addition to basic knowledge like how to change a diaper, the contents of the handbooks cover a diverse range of information. Some give advice on playing with children, while others introduce places where fathers can make friends with other fathers.

2　A father-and-child handbook is, in a sense, a male version of a mother-and-child health handbook. Such maternal handbooks are issued by respective municipalities* under the Maternal and Child Health Law to women who report their pregnancy. While there is no legal obligation for father-and-child handbooks, some municipalities started issuing them around the mid-1990s to encourage fathers to play a more active role in child rearing. In many cases, father-and-child handbooks are issued to couples along with mother-and-child health handbooks.

*municipalities: 地方自治体

NOTE

3　Initially, many of the handbooks for fathers focused on basic knowledge about child rearing such as the baby’s growth, how to feed a baby and how to change a diaper. However, recent handbooks also cover the concept of maintaining a “work-life balance” (i.e., managing commitments to both work and family) and recommend that fathers review their ways of working to take a more active part in raising their child.

4　A father-and-child handbook compiled by the Kawasaki Gender Equality Center in March 2015 is titled “Chichi Shirube” (A milestone for fathers). ① The handbook discusses how fathers should use their time and makes various proposals. ② It includes a section featuring advice on effective ways of working. ③ These include “When you have time to spare, take your child to and from day care instead of having your wife do it” and “Let’s get up 15 minutes earlier to talk with your child.” ④ Members of a fathers’ group in Kawasaki were involved in compiling the handbook, and discussed child rearing. A 36-year-old member of the group said: “Based on these discussions, we made the handbook. We hope other fathers will take another look at their schedules by getting some hints from it.”

NOTE

5　Many fathers who live in Nara go to work in Osaka, meaning they arrive home late. With this situation in mind, the Nara municipal government made an ikumen handbook in February 2015 that suggests "making time for family by getting up earlier" or "telling your workplace that you are raising a child to obtain understanding." Compared with mothers, fathers have few opportunities to meet other fathers and talk about child rearing. Therefore, the Minato Ward government in Tokyo introduced in its father's handbook a facility where parents can let children play freely, saying that fathers will be able to make friends with other fathers there.

6　"Child rearing requires responsibilities and burdens that are too heavy to be borne only by mothers," said a professor of Musashi University, who studies men's lifestyles. "Fathers should change their idea of 'Our role is to work' and change their ways of working by referring to the father-and-child handbooks and other materials. By doing so, I hope fathers will take part in child rearing."

(*Adapted from "Father-child handbooks help fathers participate," The Japan News*, May 8, 2015)

NOTE

1. According to Paragraph 2, which of the following is true?

① Women who do not report their pregnancy receive a maternal handbook.

② Municipalities are not required to provide father-and-child handbooks.

③ Some municipalities have been issuing maternal handbooks since the mid-1990s.

④ Fathers are also instructed to read mother-and-child health handbooks.

2. Based on Paragraph 3, handbooks for fathers now include

① less information on feeding babies and changing diapers.

② advice for balancing child rearing with housework.

③ ways in which fathers can reduce their responsibilities at the office.

④ suggestions for how fathers can get more involved with child rearing.

3. Which of the sentences ①, ②, ③, and ④ does NOT belong in Paragraph 4?

4. Which of the following is NOT mentioned in paragraphs 5 or 6?

① In some parts of Japan, fathers get home late from work because of long commutes.

② Unlike mothers, fathers have few chances to discuss child rearing with other fathers.

③ Mothers should not have to manage the responsibilities of child rearing by themselves.

④ Fathers should negotiate with their bosses to arrive a little later to work in the morning.

5. Which of the following best summarizes this article?

① More and more couples are seeking ways to maintain a work-life balance.

② Father-and-child handbooks are now offering specific solutions to family problems.

③ Compared with the past, more fathers are now taking an active role in family life.

④ Municipalities are using handbooks to support fathers in raising their children.

背景知識　男性の育児参加について

●男性の育児参加の歴史

・性別役割分業の過去「男は仕事，女は家事・育児」

↓

・1985 年　男女雇用機会均等法

↓

・2010 年に「イクメン」が新語・流行語大賞のトップ 10 に選出
　同年政府による「イクメンプロジェクト」が発足

●男性の育児参加の効用

・赤ん坊の認知能力の向上
・離婚率の低下
・生活の満足度向上

●男性の育児参加の背景

・女性の社会進出
　女性のアイデンティティ，長引く不況，労働力不足
・共働き家庭の増加
　共働きが意味するもの ＝ 労働を夫婦間でシェアする
⇒ 家事・育児を夫婦間でシェアする

NOTE

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第４講　解答

解答

1　②　　2　④　　3　②　　4　④　　5　④

問題と選択肢の訳

1. 第２段落によると，次のうち正しいものはどれですか。
① 妊娠を報告していない女性には，母子手帳が配布される。
② 父子手帳の交付は市町村の義務ではない。
③ 1990 年代半ばから母子手帳を発行している自治体もある。
④ 父親たちも母子健康手帳を読むように指導される。

2. 第３段落に基づき，現在父親向けハンドブックに含まれているのは
① 乳児の授乳やオムツ交換に関する以前より少ない情報。
② 育児と家事の両立に関するアドバイス。
③ 父親が職場での責任を軽減できる方法。
④ 父親が育児に積極的に関われる方法に関する提案。

3. 第４段落に属さない一文は①～④のうちのどれですか。

4. 第５段落および第６段落で述べられていない内容はどれですか。
① 日本の一部地域では，長時間通勤のため父親が仕事から帰宅するのが遅くなる。
② 母親と違って，父親が他の父親と子育てについて話し合う機会はほとんどない。
③ 母親だけが育児の責任を果たす義務を負うべきではない。
④ 父親は朝の出勤時刻を少し遅くしてもらえるよう上司に交渉するべきだ。

5. この記事を最もよくまとめているのは次のうちどれですか。
① ワークライフバランスを維持する方法を模索する夫婦が増えている。
② 父子手帳は現在，家族の問題に対する具体的な解決策を提供している。
③ 昔と比べ，家庭生活で積極的な役割を果たす父親が増えている。
④ 自治体では，父親の子育て支援にハンドブックを活用している。

本文の全訳

1　イクメンになりたい，つまり育児に積極的に取り組みたい父親たちを支援するため，さまざまな父子手帳が発行されてきている。それらにはオムツ替えなどの基礎知識に加え，さまざまな情報が掲載されている。子供と遊ぶことに関するアドバイスをくれるものもあれば，父親が他の父親と友達になれる場所を紹介してくれるものもある。

2　父子手帳は，ある意味，母子健康手帳の男性版だ。母子健康手帳は，母子保健法に基づき，各地方自治体が妊娠を届け出た女性に交付するものだ。父子手帳には法的義務はないが，父親の育児への積極的な参加を促すため，いくつかの市町村が 1990 年代半ばごろから発行し始めた。多くの場合，父子手帳は母子健康手帳と共に夫婦に交付されている。

3　当初，父子手帳の多くは，赤ちゃんの成長や授乳方法，オムツの交換方法など，育児に関する基本的な知識を中心に書かれていた。しかし，最近の父子手帳では，「ワークライフバランス」（すなわち，仕事と家族の両方に対する深い関与のやりくり）を維持するという考え方も取り上げられており，父親が育児に積極的に参加するために働き方を見直すように推奨している。

4　川崎市男女共同参画センターが 2015 年 3 月に作成した父子手帳は「ちちしるべ」（父親の道しるべ）と題されている。この小冊子は，父親がどのように時間を使うべきかを考察し，さまざまな提案をしている。「時間に余裕があるときは，奥さんに託すかわりに，お子さんを託児所に送り迎えしましょう」や「お子さんと話すために，15 分早起きしましょう」などというものだ。川崎市の父親グループのメンバーたちが，この小冊子の作成に関わり，子育てについて話し合った。メンバーの 36 歳の男性は「こうした話し合いを踏まえて，ハンドブックを制作した。他のお父さんたちにも，参考にして自分たちのスケジュールを見直してもらいたい。」と語った。

5　奈良在住の父親たちの多くは，大阪に通勤するため帰宅が遅くなる。こうした状況を踏まえ，奈良市は 2015 年 2 月，「早起きして家族のための時間を作ること」「理解を得るために，子育て中であることを職場に伝えること」などを提案したイクメン・ハンドブックを作成した。父親は母親に比べて，他の父親と会って子育てについて話す機会が少ない。このため，東京都港区は，父子手帳に父親同士の友達ができると書き添えて，子供を自由に遊ばせられる施設を紹介した。

6　「子育てには，母親ひとりで担うには重すぎる責任と負担がつきものだ。」と武蔵大学で男性学を研究する教授は語った。「父親たちは『自分たちの役割は働くことだ』という考えを変え，父子手帳や他の資料を参考にしながら自分たちの働き方を変えてゆくべきだ。そうすることで，父親も育児に参加してほしい。」

（出典：「父親たちの育児参加を助ける父子手帳」より，
ジャパン・ニューズ紙 2015 年 5 月 8 日刊）

第４講　重要語彙リスト

＊一つ一つ何度も繰り返して，
覚えてください

1	father-and-child handbook	父子手帳
2	role	役割
3	rear	～を育てる
4	diaper	オムツ
5	diverse	多様な
6	introduce	～を紹介する
7	maternal	母親の
8	respective	それぞれの
9	pregnancy	妊娠
10	obligation	義務
11	encourage	～を推奨する
12	along with ～	～と共に
13	initially	当初は
14	feed	授乳する
15	recent	最近の
16	cover	～を取り扱う
17	concept	概念
18	maintain	～を維持する
19	commitment	深い関与
20	recommend	～を勧める
21	review	～を見直す
22	raise	～を育てる
23	compile	～を編集する
24	milestone	道しるべ
25	proposal	申し出
26	spare	さく
27	day care	託児所
28	workplace	職場
29	obtain	～を手に入れる
30	understanding	理解
31	compared with ～	～と比較して
32	opportunity	機会
33	facility	施設
34	require	～を必要とする
35	responsibility	責任
36	burden	負担
37	borne	bear（耐える）の過去分詞形
38	lifestyle	生活様式
39	refer to ～	～を参照する
40	material	資料

第４講　音読用白文　①②③④⑤⑥⑦⑧⑨⑩

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